



Community Center

Cardio & Weight Room Calendar

Located at Ames City Hall, 515 Clark Ave - SW Corner, Enter doors on 5th St - 515-239-5350

www.cityofames.org/ccenter
www.cityofames.org/prcalendars

April

Monday—Friday
Saturday
Sunday

6:00 AM - 10:00 PM
8:00 AM - 4:00 PM
12:00 PM - 9:00 PM

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	2 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	3 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	4 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	5 Cardio & Weight Room 8 AM - 4 PM
6 Cardio & Weight Room 12 - 9 PM	7 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	8 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	9 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	10 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	11 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	12 Cardio & Weight Room 8 AM - 4 PM
13 Cardio & Weight Room 12 - 9 PM	14 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	15 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	16 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	17 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	18 Cardio Room 6 AM - 8 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	19 Cardio & Weight Room 8 AM - 4 PM
20 CLOSED	21 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	22 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	23 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	24 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	25 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	26 Cardio & Weight Room 8 AM - 4 PM
27 Cardio & Weight Room 12 - 9 PM	28 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM	29 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 1:45 PM 2:30 PM - 10 PM	30 Cardio Room 6 AM - 10 PM Weight Room 6 AM - 9 AM 9:50 AM - 10 PM			

[For more information and pricing](#)